



Outpatient Procedure Instructions

National Institutes of Health
Clinical Center

After Your Catheter-Based Treatment

Procedure Performed:

- | | |
|---|--|
| <input type="checkbox"/> Coronary artery stent procedure | <input type="checkbox"/> Peripheral artery stent procedure |
| <input type="checkbox"/> Left Anterior Descending Coronary Artery (LAD) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Circumflex Coronary Artery | <input type="checkbox"/> Other catheter-based treatment |
| <input type="checkbox"/> Right Coronary Artery (RCA) | <input type="checkbox"/> _____ |

Device Permanently Implanted:

- | | |
|--|---|
| <input type="checkbox"/> Bare metal stent | <input type="checkbox"/> Arterial Closure Device |
| <input type="checkbox"/> Drug-eluting stent | <input type="checkbox"/> Manual hemostasis (no closure device) |
| <input type="checkbox"/> <i>Cypher</i> sirolimus-eluting stent | <input type="checkbox"/> <i>Angioseal</i> vascular closure device |
| <input type="checkbox"/> <i>Taxus</i> paclitaxel-eluting stent | <input type="checkbox"/> <i>Perclose</i> suture-mediated closure device |
| <input type="checkbox"/> <i>Xience V</i> or <i>Promus</i> everolimus-eluting stent | |
| <input type="checkbox"/> Other | |
| <input type="checkbox"/> _____ | |

Medications

DO NOT MISS ANY DOSES OF CLOPIDOGREL (PLAVIX). Do not discontinue clopidogrel (Plavix) without discussing this with Dr Lederman. Continue to take aspirin along with clopidogrel (Plavix). Please see the separate list for additional medications.

Activity Limitations

General

Minimize physical activity for the first 2 days following your procedure. Avoid lifting objects heavier than 10 pounds for 3 days.

Exercise

You may resume moderate activities 5 days after coronary angioplasty/stent. Do not push yourself to the point of fatigue, shortness of breath, or chest pain.

Bathing

You may shower 24 hours after your procedure. Remove the bandage before showering. Gently clean the site daily using soap and water. Dry thoroughly. Avoid tub baths, hot tubs, or swimming for 5 days or until the wound is completely healed.

Driving

Do not drive automobiles or operate heavy machinery for 24 hours.

Sexual activity

Resume after 2 to 3 days.

Follow-up visit

Your follow-up visit is scheduled on Wednesday, _____ at 8 a.m. in the OP 7 clinic.

Stop at phlebotomy to have your blood drawn and the Heart Station for an ECG prior to coming to OP 7.

What to expect after the procedure

- Soreness or tenderness that may last up to one week
- Mild oozing from the incision
- Bruising in the area around the puncture site
- A small, marble-sized lump, which may last up to 6 weeks

Seek help if you have:

- Chest pain or discomfort that is unrelieved by sublingual (under-the-tongue) Nitroglycerin
- Active bleeding from the puncture site
Immediately apply firm pressure to the site, call 911, and lie down until help arrives.
- Fever, chills or drainage of pus from the puncture site
- Increased swelling and pain in the groin area; numbness, tingling, burning, or a cold sensation in the extremity where the catheters were inserted

Problems?

Contact the staff below if you have questions or problems.

NIH Nursing Unit 5 Southeast South (301-496-1009)

Staff can answer your questions 24 hours a day.

Laurie Grant, RN

office: **301-496-0971**

email: **grantlp@nhlbi.nih.gov**

In emergencies, contact Ms. Grant through the NIH Operator **301-496-1211**.

Dr. Robert Lederman

office: **301-402-6769**

email: **ledermar@nhlbi.nih.gov**

In emergencies, contact Dr. Lederman through the NIH Operator **301-496-1211**.

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

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Questions about the Clinical Center?
<http://www.cc.nih.gov/cc/comments.shtml>



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